



PRP E-GRAM

PRIMS EDITION

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – June 2014.

Can a CFL generate a page 13 for previous failures if the page 13's were never verified?

YES! If a member checks on board with previous PFA failures and does not have a page 13 in the members OMPF, the CFL shall draft a page 13 documenting the previous failures and have the CO, the member, and the CFL sign the page 13 to be uploaded into OMPF.

Can a CFL initiate the ADSEP process on a member that incurred a 3rd failure within the 4 year period that has no page 13's on file?

NO! If a member checks on board with previous failures (e.g. 2, 3), the CFL will generate a page 13, the CO, member, and CFL will sign the page 13 which will then be the members first official notification. The page 13 would only be good until the end of that current cycle. If the member fails again and still has 3 failures in a 4-year period, the ADSEP processing shall be initiated due to the member violating the previous page 13.

Does a member need 3 Page 13's in order to initiate the ADSEP process?

NO! If a member checks on board and has 2 failures with only one page 13 and member incurred a 3 failure, the CFL can now initiate the ADSEP process because the member had at least one page 13 in his/her OMPF record.

Is a PARFQ required for Sailors that are on IA or in DEP/OP status?

NO! According to the NAVADMIN 231/13, a PARFQ is not required if the PRT will not be conducted due to DEP/OP, IA, TAD, etc.

Can a member request the Bad Day if they did not fail the PRT and want a better score?

NO! The "Bad Day" is only an option to address the PRT failure for the current cycle. Per OPNAVINST 6110.1J, enclosure (2), page 1, para 1.a.(1): an individual must request a "Bad Day" within 24 hours of completing the PRT. If approved, the retest must be administered within 7 days of the initial PRT failure and within the same PFA cycle for which the "Bad Day" was requested. Drilling Reservists have until the end the following month.

Best Practice

Completing all medical screening prior to the beginning of the command PFA will allow CFLs to focus their attention on conducting a safe and effective Physical Fitness Assessment. CFLs must know the medical status of every command member prior to the PFA to ensure all members are medically cleared to participate.

Tip of the Month!

Train your body to eat breakfast every day. Hungry later? That is your metabolism kicking into high gear. Make sure you have a lean protein at breakfast or have a healthy midmorning snack.